



## Pork Carnitas Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 7 cups water
- 2 pounds pork butt trimmed cut in 2" cubes
- 4 cloves garlic crushed
- 8 servings sea salt to taste
- 1 teaspoon olive oil
- 0.5 cup orange juice
- 0.5 cup milk
- 24 corn tortillas

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- 8 servings salsa
- 1 slices avocado
- 8 servings cilantro leaves chopped
- 8 servings onion chopped
- 8 servings lime cut into wedges

## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- In a large Dutch oven add the pork, garlic, salt and pepper, and water. Bring to a boil, then reduce heat, cover and simmer over medium low for 45 minutes to one hour.
- Drain well.
- When cool enough to handle, shred the meat by hand or with the tines of a fork.
- Remove and discard any remaining fat.
- Transfer back to Dutch oven and heat the olive oil.
- Add the orange juice and milk and cook until liquid has evaporated and pork has browned; stirring occasionally. Season with salt and pepper to taste.
- Chop onions and cilantro, and slice avocado and limes.
- Place each in small individual bowls for serving.
- Heat tortillas in a dry frying pan and keep warm.
- For each taco, stack 2 tortillas and layer with warm carnitas, chopped cilantro, onion and avocado slices and give it a good squeeze of lemon juice.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:32.85, Inflammation Score:-7, Nutrition Score:29.999565217391%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

## Taste

Sweetness: 31.29%, Saltiness: 100%, Sourness: 26.16%, Bitterness: 43.19%, Savoriness: 60.66%, Fattiness: 63.26%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 575.15kcal (28.76%), Fat: 14.76g (22.71%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 81.99g (27.33%), Net Carbohydrates: 69.16g (25.15%), Sugar: 7.21g (8.02%), Cholesterol: 69.87mg (23.29%), Sodium: 567.85mg (24.69%), Protein: 32.32g (64.63%), Phosphorus: 776.22mg (77.62%), Selenium: 42.68µg (60.97%), Vitamin B1: 0.86mg (57.05%), Vitamin B6: 1.14mg (56.95%), Fiber: 12.82g (51.29%), Zinc: 6.25mg (41.63%), Vitamin B3: 8.16mg (40.79%), Magnesium: 159.29mg (39.82%), Vitamin B2: 0.61mg (36.15%), Manganese: 0.69mg (34.28%), Potassium: 993.55mg (28.39%), Vitamin B5: 2.44mg (24.44%), Copper: 0.48mg (24.12%), Iron: 3.73mg (20.75%), Vitamin C: 16.79mg (20.35%), Calcium: 197.93mg (19.79%), Vitamin B12: 1.11µg (18.57%), Vitamin E: 1.59mg (10.62%), Folate: 39.63µg (9.91%), Vitamin K: 6.14µg (5.84%), Vitamin D: 0.85µg (5.65%), Vitamin A: 250.55IU (5.01%)